Ticks and Lyme disease (see 7.8.3 of the Field Safety manual)

Ticks are oval shaped bugs that have small heads. Their bodies are grey or brown and are not divided into definite segments. They are slow moving. The tick burrows painlessly into the skin with its mouthparts and feeds on blood. If not removed they will eventually engorge themselves and drop off. Ticks sometimes carry and spread Rocky Mountain Spotted-Fever, Tularemia, Lyme disease, and Tick Fever. Ticks are found in long grass, low shrubs and trees.

To protect against tick bites:

1. Cover exposed parts of the body when in tick infested areas.
2. Periodically wipe the back of your neck with your hand.
3. Inspect body and clothing twice a day to remove ticks.
4. Don’t crush them with your fingernails because this may transmit disease carrying organisms to your skin.

First Aid: If a tick imbeds itself into your skin:

1. Grasp tick with fine tipped tweezers, close to the skin, and pull slowly and firmly.
2. Use plastic wrap, paper or leaf if you do not have tweezers.
3. Do not try to burn tick off with a hot match or cigarette. Do not apply petroleum jelly or nail polish to tick.
4. If you cannot remove tick, or if its mouthparts remain imbedded, get medical attention.
5. Wash bite area with soap and water. Apply antibiotic ointment.
6. If rash or flu like symptoms appears, get medical attention immediately.